

MONTHLY REFLECTION

WHAT WAS THE MOST MEMORABLE PART OF THIS PAST MONTH? DESCRIBE IT.

WHAT WERE THE THREE BIGGEST LESSONS YOU'VE LEARNED IN THIS PAST MONTH?

REVIEW YOUR PLANNER FOR THE PAST MONTH AND ASSESS YOUR PRIORITIES. ARE YOU HAPPY WITH HOW YOU SPENT YOUR TIME? IF NOT, WHAT STEPS CAN YOU TAKE THIS NEXT MONTH TO ADJUST THEM?

MONTHLY REFLECTION

HOW ARE YOU DIFFERENT BETWEEN THIS PAST MONTH AND THE MONTH BEFORE IT?

WHAT OR WHO ARE YOU ESPECIALLY GRATEFUL FOR THIS PAST MONTH?

NAME THREE THINGS YOU CAN IMPROVE ON THIS UPCOMING MONTH.

WHAT ARE CONCRETE ACTIONS YOU CAN TAKE TO WORK TOWARDS THESE IMPROVEMENTS?

FROM 1-10, HOW DO YOU FEEL OVERALL ABOUT THIS PAST MONTH?

END OF THE MONTH CHECKLIST

- ☐ **HIGHLIGHT YOUR ACCOMPLISHMENTS:** GO BACK TO YOUR PASSION ROADMAP AND HIGHLIGHT ANY GOALS YOU REACHED OR STEPS YOU COMPLETED.
- ☐ **REFORM:** CHOOSE THIS MONTH'S GAMECHANGER FROM YOUR ROADMAP. USE THE SPACE ON THE BOTTOM RIGHT OF YOUR MONTHLY LAYOUT TO BREAK THE GOAL DOWN INTO SMALLER STEPS AND ASSIGN DEADLINES FOR EACH STEP.
- ☐ **SET CHECKPOINTS:** MOVE THESE STEPS INTO THEIR RESPECTIVE WEEKLY LAYOUTS AS CHECKPOINTS TO TRACK PROGRESS.